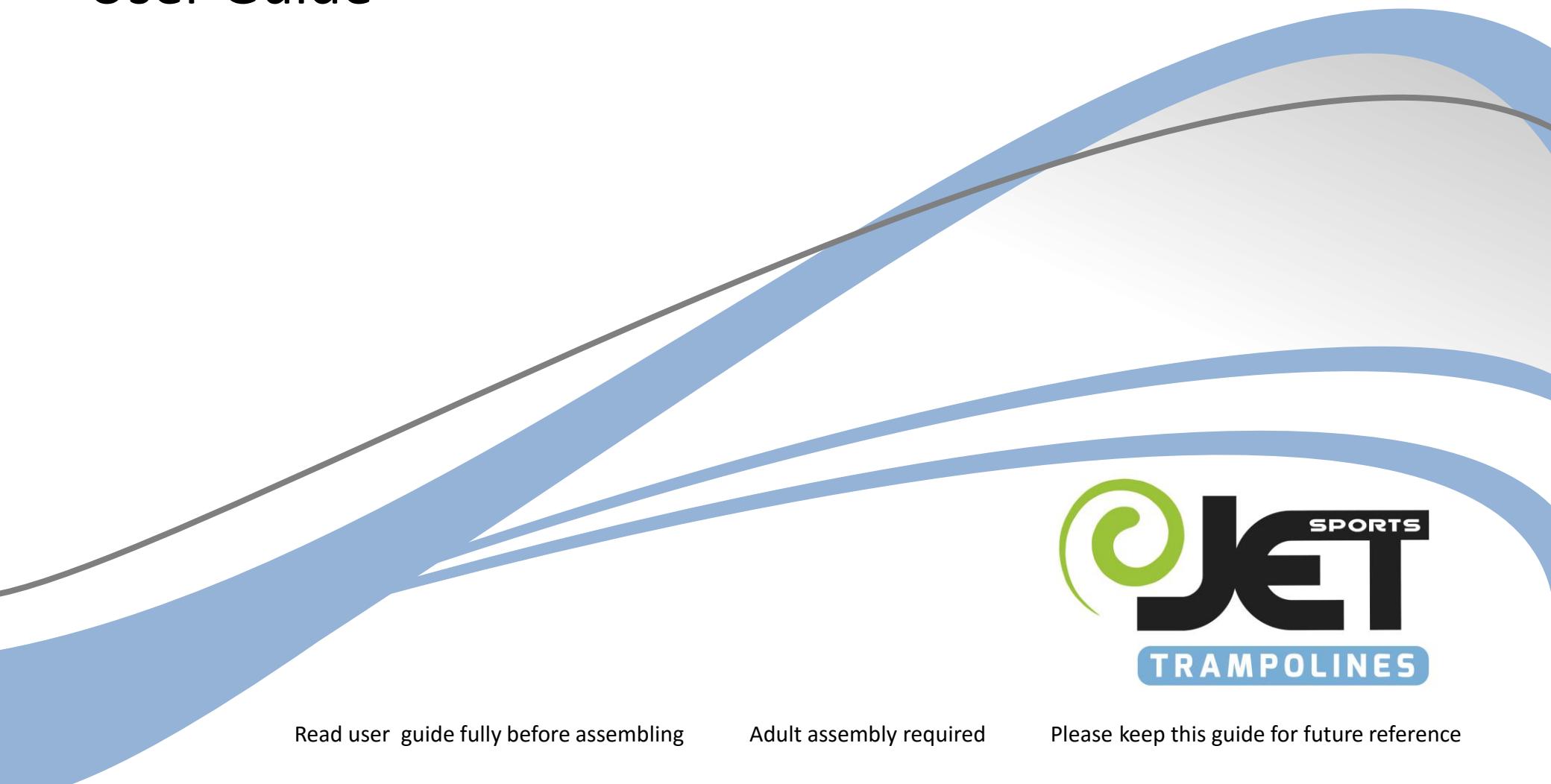


Date of assembly:

Eclipse Trampoline

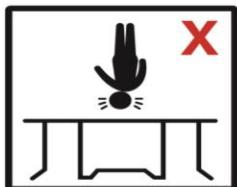
User Guide



Read user guide fully before assembling

Adult assembly required

Please keep this guide for future reference



WARNINGS

Before you start

Siting your Trampoline:

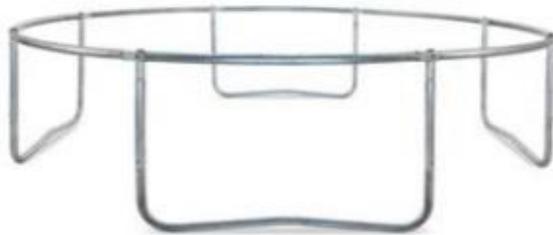
- Your trampoline works best and is safest if it is dead level. Without a safety enclosure it is vital to keep clear 2 metres of lawn space all round the trampoline.
- This trampoline is designed to stand on a lawn. If sited on concrete or gravel the underside of the leg bases will wear away quickly. The trampoline can be left on concrete or gravel if floor guards or rubber mats are used beneath the leg bases.

Building the Trampoline: Parts list

Part Image	Description	10ft	12ft	14ft	Products	10ft	12ft	14ft
	Top Rails	6	8	8	Enclosure Net	1	1	1
	Leg Bases	3	4	4	Bottom poles with foam	6	8	8
	Leg Extension	6	8	8				
	Springs	54 x 5.5 inch	72 x 7 inch	80 x 7 inch	Top poles with foam	6	8	8
	Jumping Bed	1	1	1	Enclosure toggle loops	6	8	8
	Frame Pads	1	1	1	Nuts and Bolts + Spanner Pack	1	1	1

Step 1 – The Frame

1. Lay frame parts out on a reasonably level part of lawn.
2. Assemble trampoline legs by sliding the leg extensions onto leg base.
3. Once you have joined the leg extensions to the leg bases start linking them together by fitting them into the two top rails whilst upside down.
4. Flip each part over and join up remaining pieces.
5. Work around the trampoline to complete your frame.



Step 2 – Springs, Bed and ESN Net

1. Unfold the black poly-mesh bed on the ground inside the completed trampoline frame.
2. Before fitting any springs, note that the extended hook on each spring fits into the frame and the smaller hook fits into the triangular anchor on the bed.
3. Fit one spring into the slot just to the right hand side of a top rail joiner then attach the spring to the bed on the inside of the frame.
4. Then work your way round the frame and attach a spring immediately to the right of each top rail joiner and to the appropriate triangle on the bed.
5. Lay out the enclosure net on the trampoline and attach the bungee eyebolt to the enclosure top pole then the q hook attaches to the plastic clip at the top of the net.
6. Then attach the enclosure top pole to the bottom pole and slide each one into the square hole on the joiner. The net will now hang with the spring loops on the net lining up with the bed anchors.
7. Fill in the gaps by attaching springs midway between each of those already fitted. Including counting the net holes.
8. Repeat until all of the springs are attached.

Step 3 – Attach the Pads

1. Place the frame pads on the trampoline and line up the enclosure pole holes with the T section top rail joiner.
2. Then attach the pads using the spring loops on the pads. Do this by un-clipping a spring and placing it through the loop before reattaching it to the frame.



Step 5 – The Ladder

Place your ladder hooks under the pad and onto your frame, ensuring that it is aligned with the enclosure door.



Step 4 – Attach the Poles

1. Place the bottom enclosure poles though the pad hole and into the slot underneath in the T joiner.
2. Complete the assembly by using the nut and bolt provided.
3. Then clip the top poles onto the bottom poles and secure using the screws provided.





Here is what you
should have...

<http://www.jet-trampolines.co.uk>

www.supertramp.co.uk

T: 01884 675 801

Safe bouncing guide

Standing Bounce

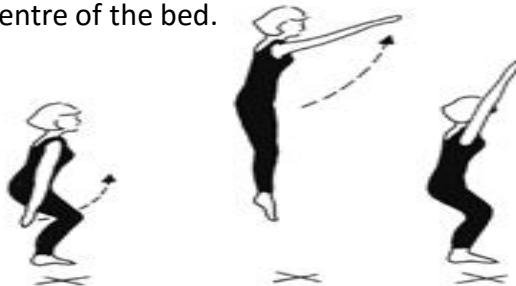
Use the basic "feet to feet" standing bounce to warm up and get the feel of the Trampoline.

Try to keep the body straight. Your legs should be slightly apart when landing on the bed and together in the air with toes pointed.

Keeping your eyes fixed on the frame pads. As you jump up and from the trampoline bed push down hard on the balls of feet and toes, stretch your body upwards and swing your arms forwards and upwards.

As you come down onto the bed bring your arms down to your sides, part your legs slightly, land with feet flat and flex your knees.

IMPORTANT: TO STOP YOUR BOUNCE – Bend your knees as your feet touch the bed. Practice this move so that you are confident that you can stop if you find you are getting out of control or going away from the centre of the bed.



Hands And Knees

Without bouncing adopt the hands and knees position as shown below, keeping your eyes on the end of the trampoline.

Return to standing position and with a small bounce lift your hips back and upwards and drop to the hands and knees position.

Hands and knees must hit the bed at exactly the same time. Push up slightly with your arms to return to the standing position.



Pike Jump

Start as if doing a standing bounce.

At the top of your bounce, bending your body at the hips, raise your legs, keeping them straight and together, to the horizontal position and briefly touch your shins.

Return to the standing bounce before landing on the bed with arms at your sides.

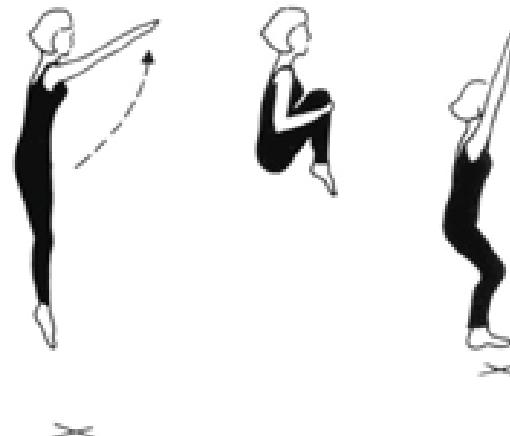


Tuck Jump

Start as if doing just a standard bounce.

At the top of your bounce bring your knees to you chest and briefly clasp your shins.

Let go and return to standing bounce with your body straight and arms at sides before landing on the bed



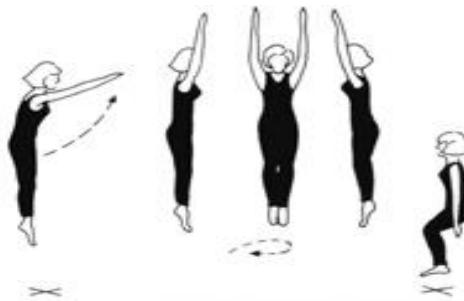
Half And Full Twist

Half Twist

From a Standing Bounce as you leave the bed raise both arms out to the side and bring them together above your head whilst looking in the direction you wish to twist. This action will help you twist your body round so that you land facing the opposite direction, having rotated through 180°. The higher and quicker you lift your arms the further you will twist. Always twist in the same direction.

Full Twist

Performed as for the half twist but with more effort so that you rotate through a full 360° and land in the same position that you took off from. Do not attempt a full twist until you have perfected the half twist



Seat Drop

First, without bouncing, just sit in the middle of the bed in the correct landing position.

This is with your legs together and straight out in front of you. Lean slightly backwards with back straight, arms beside and slightly behind you with fingers together and **POINTING FORWARD**.

Next, stand up and drop to the Seat Drop position, without bouncing. Then try the move from a little bounce. To bounce back onto your feet lift hips forward and push up with your hands.

Make sure you that you drop to the Seat Drop position in the middle of the bed and land back on your feet in the middle of the bed.



Swivel Hips

Swivel Hips is really three simple moves put together to make one: Seat Drop - Half Twist - Seat Drop.

To start off try joining the last two parts of the move together so that you land in a seat drop facing the opposite direction. Once you have got the last two parts of the move together add on the first seat drop, reach upwards and forwards from the first seat drop and turn your hips and body.

Your straight legs can then follow through under your body into the second seat drop facing the opposite direction



Advisory Notice

This guide only includes the basic moves that are relatively easy and safe to learn. There are of course dozens more moves that can be undertaken. However, it is important that you are taught these moves by a qualified trampoline coach. This will ensure that you learn in a safe environment and without hurting yourself. Also that you do not get into bad habits that will cause you problems and put you at risk as you continue to learn and improve your skills.

Contact your local Leisure Centre for details of trampolining sessions or visit:

www.british-gymnastics.org/discover/trampoline

Care and Maintenance of your Trampoline

General

Your Super Tramp trampoline has been designed to be outside all year round and generally requires very little maintenance. But a little care can add years to the life of the trampoline. Remember that the bed (mat) and frame pads are made of synthetic materials and are easily damaged by cigarette ends, fireworks and bonfire debris. You should make sure that the following checks are made monthly:

- Check that all joints are still intact and have not become dislodged during use
- Check all nuts and bolts for tightness and tighten when required
- Check that all springs are attached and that any stretched springs are replaced

The Frame

Do not sit or stand on the frame or the frame pads while the trampoline is in use as this will cause excessive wear to springs and frame pads. If surface rust appears it should be removed with either a wire brush or coarse sandpaper, and the area treated with a non-toxic paint.

The Springs

Do not stand on the springs whilst the trampoline is in use. Try not to bounce on the springs as they are not designed for this sort of stress and can be stretched, mis-shaped and weakened. If you find you have any stretched springs, it is important to replace them as soon as possible to avoid damage to the remaining springs.

The Bed

The bed (mat) may eventually become weakened by the effects of ultra violet radiation. A little mould or mildew should not harm the mat. Make sure that shoes are removed before bouncing and ensure that any other sharp objects or jewellery are removed.

Strong Winds

We would recommend that during strong winds and extreme weather that you remove your safety enclosure to minimise the risk that the trampoline will be damaged by the weather. If you do not have one of our tie down ground anchor kits which can help to your trampoline being blown away, we suggest using sand bags over the leg bases to help keep it on the ground.

Your Guarantee

IMPORTANT

Please keep your proof of purchase it will be needed to make a claim.

Ladder – 1 year guarantee

Enclosure Net – 1 year guarantee



5 Years

Frame - Structural failure due to rust

Bed Fabric - Structural failure due to rot

Springs - Structural failure due to rust

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Social Media

Follow us on twitter [@JetSportsLtd](#) and tweet us a picture of your trampoline

Find us on Facebook [www.facebook.com/jetsportsltd](#)



Enjoy

For more information on trampolines and for spare parts visit our website.



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